

Zucchini Lasagna

Ingredients:

- 1/2 lb lasagna noodles, cooked in water
- 3/4 cup part-skim mozzarella cheese, grated
- 1 1/2 cups low fat or fat-free cottage cheese
- 1/4 cup Parmesan cheese, grated
- 1 1/2 cups raw zucchini, sliced
- 2 1/2 cups tomato sauce
- 2-3 tsp basil, dried
- 2-3 tsp oregano, dried
- 1/4-1/2 cups onion, chopped
- 1-3 cloves garlic
- 1/8 tsp black pepper



Directions:

1. Preheat oven to 350 degrees F. Lightly spray 9X13-inch baking dish with vegetable oil.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Yields 6 servings.

Each serving provides:

Calories: 276

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 11 mg

Sodium: 380 mg

Total fiber: 5 g

<http://www.foodreference.com/html/zucchini-lasagna.html>